



**ProPHI***Le*  
*Clinics*

## **Cheek Volumisation**

Online  
Consultations  
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[www.prophileclinics.com.au](http://www.prophileclinics.com.au)

## Considering Cheek volumisation?

Are cheek fillers something you have considered, but don't know enough about? See below everything you need to know about cheek fillers with Prophile Clinic, where we have the tools and experience to achieve full, defined and proportionate cheeks.

### What is dermal filler?

It is a substance made of a natural sugar that is already present in the human body. Dermal fillers replicate the naturally occurring substance to replenish or enhance what was there. They allow an immediate result but tend to improve as they are hydrophilic and absorb more water.

### Why might someone get cheek volumisation?

Having full cheeks can help you look younger, fresher, and give you more confidence. If you are someone who naturally lacks cheek bone projection, then our team can assess if cheek filler will bring more harmony to your facial proportions.

As we age, we lose volume in our cheeks as well as other areas of the face. This can cause extended crows' feet and even jowling due to the volume loss. Jowls are formed as the volume loss causes skin to sag. Therefore, by replacing the volume this also lifts the lower face. Some people may also have hollowing under the eyes which can be improved with cheek filler.

When it comes to anti-ageing treatments, Cheek Fillers are one of the most important treatments available. There is no substitute for restoring volume in the cheeks with Dermal Fillers.

# The Treatment

The procedure is completed by using small needles to inject dermal filler into strategic locations that lack natural volume (In the case of asymmetry, or facial disharmony), or that have lost volume leading to an aged appearance.

The treatment itself does not take long at all; people can expect to spend 20–30 minutes having the treatment done. Your individualised treatment plan will be performed prior to the treatment. This is where you will be able to discuss your concerns, ask questions and chat about your expectations. The dermal filler used is combined with a local anaesthetic that numbs the area as the treatment progresses. Majority of clients will experience less discomfort for this treatment when compared to lip filler.

Results are immediate and will improve over 2 weeks as the filler draws water to it. It is normal to experience swelling and bruising for 24–72 hours after the treatment and therefore we recommend planning the treatment accordingly around events.

There are a few elements that may lead to more bruising and swelling which we will discuss below.



# What should I avoid before treatment?

It is recommended that prior to the appointment the following are adhered to:

- Avoid drinking alcohol for at least 24 hours before the appointment. Stay away from blood-thinning medications/supplements such as aspirin, fish oil and ibuprofen, if possible, for 1 week prior.
- Arrive to your appointment with a clean face that is free of makeup and any lotions etc.

## **After treatment:**

- Ice the treatment area for 15–20 minutes every hour until swelling and bruising subside.
- Avoid makeup, if possible, for at least 24 hours
- Avoid alcohol in the first 24 hours.
- Avoid the following treatments for 2 weeks post procedure: Laser treatment, Microdermabrasion and Chemical peels.
- Avoid strenuous exercise for 24 – 48 hours post treatment. It is important not to touch, massage and scratch the filler. We want to keep the area clean as well as the shape we have created.
- Stay hydrated – drink plenty of water.
- Do not use AHAs, BHAs, Retinol or Vitamin C for 24 hours after the procedure.

You can apply a soothing antiseptic cream such as Bepanthen.

If the above is followed, you can expect the best out of your cheek filler treatment. If you have any other questions regarding the above, we are more than happy to answer them. Either during your consult or after and can be contacted by phone or email for any enquiries and of course, if there is anything you are concerned about, we encourage you to book a review with us.

## Safety Profile

Having dermal filler injected into the cheeks is a safe procedure as it is completed by Medical Professionals. All the products used here at Prophile Clinics have all been approved for use by the Therapeutic Goods Administration (TGA). Dermal fillers are not permanent and consist of a substance that is already natural occurring within our bodies.

## Side Effects

Regarding side effects, you can expect bruising, tenderness and swelling. There is also an extremely rare chance of causing a vascular occlusion, this can be reversed using a dissolving agent. Here at Prophile Clinic, patient safety is of utmost importance and therefore we have a protocol in place for if this was to occur.

There is also a chance of granulomas, nodules and infection. We discuss these side effects and risk at your appointment to inform you as well as educate on what to look for and/or avoid.

## How long does it last?

Cheek volumisation can last anywhere from 12–18 months as each person metabolises the filler differently. This is not a permanent treatment and therefore can be dissolved if you decide it is not for you.



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